

DRAFT

**MINUTES
DISTRICT V
AGING & NUTRITION SERVICES ADVISORY COUNCIL
JANUARY 28, 2014
BEAVER, UTAH**

MEMBERS IN ATTENDANCE

Carma Sly
Mary Schaidt
Millie VonRitchie
Sharon Griffiths
Lavonne Waldren
Art Cooper (Chair)
Clem Griffin
Lael Chynoweth
Judy Henrie
Pauline Prince
Arlen Grimshaw
Lois Bulloch
Earl Paddock
Doug Maxwell
Wallace Gibson
Mary Stevens
Ila Mae Swapp
Sharon Ott

REPRESENTING

Beaver County Advisory
Beaver County Advisory
Beaver County Advisory
Beaver County Advisory
Beaver County Advisory
Garfield County Advisory
Garfield County Advisory
Garfield County Advisory
Garfield County Advisory
Garfield County Advisory
Iron County Advisory
Iron County Advisory
Iron County Advisory
Iron County Advisory
Kane County Advisory
Kane County Advisory
Kane County Advisory
Washington County Advisory

MEMBERS NOT IN ATTENDANCE

Joyce Griffin (Excused)
Betty Doss
Gayle Rhode (Excused)
Tamara Atkinson (Excused)
Kaye Reese (Excused)

Garfield County Advisory
Kane County - At Large Representative
Washington County Advisory
Washington County Advisory
Washington County Advisory

OTHERS IN ATTENDANCE

Arlene Malchus
Audrey Conrad
Dixie Martin
Jeannine
Pam McMullin
Donna Chynoweth
Vicki Ahlstrom
Connie Lloyd
Fayann Christensen
Christine Holliday
Carrie Schonlaw
Carolyn Moss

Beaver County
Beaver County
Beaver County
Beaver County
Beaver County Coordinator
Garfield County Coordinator
Garfield County
Iron County Coordinator
Kane County Coordinator
Washington County Coordinator
Five County Association of Governments
Five County Association of Governments

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I. WELCOME AND INTRODUCTION

Mr. Art Cooper, Chair, conducted the meeting and thanked those in attendance for coming.

II. MINUTES OCTOBER 22, 2013

Mr. Art Cooper, Chair, requested a motion to accept the minutes of October 22, 2013. Corrections noted for date of previous minutes - should be July 22, 2013 instead of April 23, 2013 and date of Senior Day at the Legislature should be Thursday instead of Wednesday.

MOTION WAS MADE BY MR. CLEM GRIFFIN TO ACCEPT THE MINUTES OF OCTOBER 22, 2013 WITH NOTED CORRECTIONS. MOTION SECONDED BY MR. WALLACE GIBSON. MOTION CARRIED UNANIMOUSLY.

III. LOCAL SHARING

Mr. Art Cooper, Chair, requested local sharing from County Coordinators.

Ms. Fayann Christensen - Kane County

Ms. Christensen reported things going well in Kane County. They have a large group participating in exercising classes and using the treadmills. Thanksgiving and Christmas parties were held; one for seniors and one for singles. In December, the seniors help to decorate a float for the "light parade", and volunteers picked up seniors and drove through town looking at Christmas lights and decorations. Few seniors are currently participating in Wii bowling, but will

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pick up during summer months. The New Year's party included watching an old movie. Currently they are requesting donations of DVD's for the Kanab Center's new lending library. The road between Kanab and Orderville is being widened and causing closures. Due to this construction, the trucks meet earlier at Moki Cave and transfer meals to the Kanab trucks. The meals are brought to the center and vegetables, etc. are added before delivery. Ms. Christensen thanked Five County for new equipment, reported number of meals served in 2013, and reported that their new budget was approved.

Ms. Donna Chynoweth - Garfield County

Ms. Chynoweth reported that the Henrieville Center had to replace water heater and the water system to the Center will need to be replaced. The center is providing bottled water with meals. The Escalante Center had to replace a refrigerator. With power outages and surges, it burned up the motor. The ovens in Panguitch were worked on during the holidays; need additional electrical circuits to maintain the power needed for the ovens as the breakers are continually "flipping". County Commission approved new budget with an increase for employees.

Panguitch will be getting a new van and replacing the carpet at the center. Application has been made for two new ADA buses; current buses are continually busy providing transportation to doctors appointments, picking up medications, shopping, and socialization. A nurse visits each center monthly to provide blood pressure and glaucoma checks. Ms. Ramona Sorenson is teaching the Walk with Ease Class that continue to get bigger each week. Hoping to have a new trainer about March 1, 2013; a retired nurse. Numbers are up in all centers; younger seniors seem to stay longer at the centers. Christmas Parties with gift exchanges, bingo, entertainment from Brent and Ted, Veteran's Day Dinner in Panguitch (65-70 attending) were held during the last quarter. Things are going well in Garfield County.

Ms. Pam McMullin - Beaver County

Ms. McMullin reports things are going well in Beaver County. Numbers are increasing; Milford is getting better and better with new seniors coming to the center. Thanksgiving meals were well

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attended at all centers with great food. A Christmas Party was held at the Timberline Restaurant for employees, paid by the County Councils, with a gift exchange. Christmas parties were held at each center. New floors were installed in the Milford and Minersville Centers; paid for by the cities. The Beaver City mayor donates monthly to the Beaver Center to be used as it is needed; in December, he donated an additional \$1,000.00. Ms. McMullin has met with architects and Beaver City to discuss a new senior center. Ongoing activities at the centers include bingo, blood pressure and glaucoma checks, bonko, etc. Seniors travel throughout the county to participate in activities at each center. The exercise trainer had knee replacement and has been unable to have classes for about two months; hoping to begin again soon. Commissioners approved a raise for employees; the budget for next year was cut a little..

Ms. Connie Lloyd - Iron County

Parowan Center

Things in Parowan are looking better with main street construction coming to a close. Ongoing activities at the center include bingo, ceramics, and quilting (only have one lady who quilts now) and a baby quilt was sold. In October they had a Cake Walk; in November, the SUU Institute Choir sang; and in December, the Ukelele ladies performed. Emergency meals were delivered to seniors the day before the big storm. More and more seniors are using the bus to travel to Cedar and daily around town.

Cedar City Center

Activities include yoga; tai chi; kick stick exercise classes using tapes; blood pressure checks; computer classes - very well attended; craft classes - made 150 sleighs for Christmas decorations; computer "cricket" classes every Tuesday and adding a non-computer "cricket" class on Fridays. Seniors enjoy the music programs - East Elementary School presented a Christmas program- and love sing-a-longs on Friday and buses are always full. Ms. Lloyd is hoping to get a grant with UDOT for operating funds for the buses. A Cake Walk was held in October; High School service groups came to the centers for Thanksgiving and Christmas socials. A Christmas pizza party was held for employees and volunteers. They are staying

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busy in Cedar City.

Ms. Christine Holliday - Washington County

St. George Center

Mr. Terry Hawks and Ms. Shanna Bland were able to present at IHC - Dixie Regional Hospital - on services provided at the center. Mr. Hawks' presentation included a purchase from the thrift store; store does very well with help from the advisory board. The awning for the patio is completed and a great addition to the center. Annual "Celebrating Wellness Expo" will be held on March 28, 2014. The Zumba class continue to grow; 30-70 attending. With the new floors installed, pickleball often has seniors waiting to play; and seniors love to play pool (billiards). All ongoing activities, including knitting and crocheting, are doing well. New volunteer is rearranging the library. Seminars on Long Term Care and Estate Planning were held; AARP driving, genealogy, face book, and introduction to PC classes are available. Parkinson's support group and Alzheimer's Respite and Early Stage classes are ongoing at the center. A foot doctor comes monthly. Ms. Shanna Bland researched "cheesy" holidays and the center had a "Popcorn Day"; well received by the seniors. The Parking lot will be resurfaced and a new busy driver was hired. Center is hoping to change to a scanning system to help with SAMS input. Ms. Holliday has found a program that will integrate with SAMS for a 90-day trial period. Cost for the program is \$5,000 plus \$1,500 annually; Advisory Board will help with the cost if decided to retain.

Hurricane Center

Ms. Linda Rainey, center coordinator, is retiring. Posting for this position. The Center has a new Meals on Wheels driver; received some damage when water line broke due to cold weather.

Springdale Meal Site

New Coordinators is doing a great job with new and exciting things at the site; themes have included a "Deer Hunt" with camouflage and camp fire.

Enterprise Center

Lunch speakers at the center from Zion's Way Hospice and Red Rock Center for Independence. Bimonthly trips to St. George are provided; Christmas program presented by local elementary school. Seniors love Wii competitions with Cub Scouts. Hoping to purchase a sensor adaptor for the kitchen sink.

Ms. Holliday reported that Washington County Commissioner, Mr. Denny Drake, has been called as a mission president in Texas; 501 IIIC grant - need more information; and they have reminded seniors when using emergency meals to replace what they may have used. Mr. Vince McFadden will be retiring in November; application process to begin in September for his position. Budgets are completed for this year; they got what they asked for and employees received raises.

IV. LEGISLATIVE & FISCAL UPDATE

DAAS & U4A State Legislative Priorities

Infograms showing funding priority requests for Meals and Caregiving were distributed to Council. The new federal budget was passed restoring the \$400,000 for meals - this may change how the request for meals is presented to the State Legislature. Initially it was presented to replace the federal cut. With this funding restored, it will be presented as needed due to overall increase in numbers.

Senior Day at the Legislature

Senior Day at the Legislature will be Thursday, February 13, 2013. As approved at last meeting, funding is available for seniors in our area to attend. Ms. Schonlaw needs final county from each county for meals, hotel reservations, and to arrange transportation. Flyer with agenda was distributed.

Advocation - Infograms

Ms. Carrie Schonlaw requested Council to advocate for funding priorities as listed on the infograms to their local representatives.

PILT - Payment In Lieu of Taxes

Allocation from Federal Government to counties because of losing tax base due to federal lands in their area was not included in the 2014 budget. This may impact money received by counties, and then to our programs. Letters have been sent to Congress from AOG Executive Director and other AOG's/AAA's requesting that this be added back to the budget. Congress looking to include in the Farm Bill.

Local funds update

- Ms. Carrie Schonlaw reported that based upon mid-year expenditures, most counties are significantly under budget for meals. Rules for carryover funding have changed, allowing only 15% of budget to be carried over to the next fiscal year. Ms. Schonlaw has reviewed reimbursement costs and has determined that the rate may be too low and does not include all of the costs for meal preparation, including transportation for home delivered meals. In reviewing available budget for FY 2014, she is requested that through **June 30, 2014**, a 35¢ increase for congregate meals and an 85¢ increase for home delivered meals be approved by the Council.

MOTION WAS MADE BY MR. DOUG MAXWELL TO ACCEPT THE MEAL REIMBURSEMENT RATE INCREASE THROUGH JUNE 30, 2014 AS PRESENTED. MOTION SECONDED BY MR. WALLACE GIBSON. MOTION CARRIED UNANIMOUSLY.

Ms. Schonlaw will amend current year contracts and will be visiting with each County Coordinator to help determine meal costs for the next fiscal year.

- IIIB supportive services funding is being used but most are not billing all services that are provided. Ms. Schonlaw reported that she has received \$28,000 carryover admin funds which she has requested from DAAS be put into supportive services. In addition, she would like to move between \$30,000 - \$40,000 to Supportive Services from Home-delivered meals which will also need DAAS approval. She will review request based on the needs of the center.

MOTION WAS MADE BY MR. ARLEN GRIMSHAW TO ACCEPT THE

DISTRIBUTION OF FUNDS TO IIIB SUPPORTIVE SERVICES AS PROPOSED BY MS. CARRIE SCHONLAW. MOTION SECONDED BY MS. ILA MAE SWAPP. MOTION CARRIED UNANIMOUSLY.

Ms. Schonlaw requested that each County Coordinator look at need for equipment and submit requests to her. May have up to about \$5,000 available per county for Nutrition programs. Additional funding that may be available will be determined after the 3rd quarter of FY 2014.

V. NUTRITION PROGRAM

DAAS Monitoring Report

Ms. Carrie Schonlaw reported that she has not received official copy of monitoring report; however, in visiting with Ms. Charlotte Vincent, things are going very well in our area. Ms. Vincent did have a few suggestions and reminders regarding menu changes and noting high risk seniors in the SAMS reporting system.

ESHA Recipes

Ms. Pam McMullin asked about how the data input for the recipes for our area is progressing. Ms. Schonlaw reported that a volunteer at the Five County office will be assisting Ms. Carolyn Moss with this input. Centers were reminded that the most important information is servings per recipe and size of can, etc. Volunteer may be contacting each center for information as needed.

VI. ANNUAL REVIEW BY-LAWS/TRAINING

Ms. Carrie Schonlaw reviewed with the Council their responsibilities as listed in the by-laws. Copies of by-laws available for review. Additional training provided regarding Open and Public Meetings and distributed to Council members.

VII. FOUR YEAR PLAN & ANNUAL REPORT

The 4th year of our annual plan is due in April to that State office. This information will be presented at the April meeting. Ms. Carrie Schonlaw stated that it is very important to have a

quorum present at the meeting to review report and make changes and additions as discussed.

VIII. UPDATE: OAA REAUTHORIZATION

The Older Americans Act expired in 2011; has been in continuing resolution for three years. In September, 2013 new bill was introduced in the Senate and is currently with the Health Committee. The following changes/additions are proposed: (1) Updating definitions for ADRC (Aging & Disability Resource Center); (2) Long-term Ombudsman will be able to assist all ages in facilities (currently only can assist with those over 60 years of age); and (3) National Caregiver Program to add additional population of grandparents caring for grandchildren in their home. Few additional minor changes in Preventative Health evidence based reporting information and definitions. On January 10, 2014, the House proposed reauthorization for 2014-2018 with no changes. The House and Senate will be meeting together to reauthorize and adopt by fall.

IX. OTHER BUSINESS

Open Discussion

Discussion on pros and cons of reverse mortgages. Encouraged to review thoroughly depending on circumstances for application.

Options Counseling

The Five County Case Management department has received some funding from the University of Utah as an ADRC Options Counseling site. Able to provide in-depth one-on-one counseling for long-term care needs including planning, application assistance, connecting with community resources, etc. Contact Ms. Tracy HeavyRunner for more information.

Preventative Health Program Update

The following programs can be used for Preventative Health - Contact Ms. Tracy HeavyRunner for more information

- Arthritis Exercise Program - trainers can receive training and be at each center.

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- Walk With Ease - on-line training available Classes are currently held in Escalante, Panguitch, and St. George.
- Chronic Disease Self Management Program & Diabetic Self Management Programs - additional training for trainers/classes available throughout area.
- Distribution of books - Navigating Your Rights
- Drawing for Volunteer Poster - to Henrieville
- Next Meeting scheduled for April 22, 2014 in Kane County. If road construction is not completed, location may be changed.

X. ADJOURN

Meeting was adjourned at 12:00 p.m. Lunch was then served at the Beaver Center.